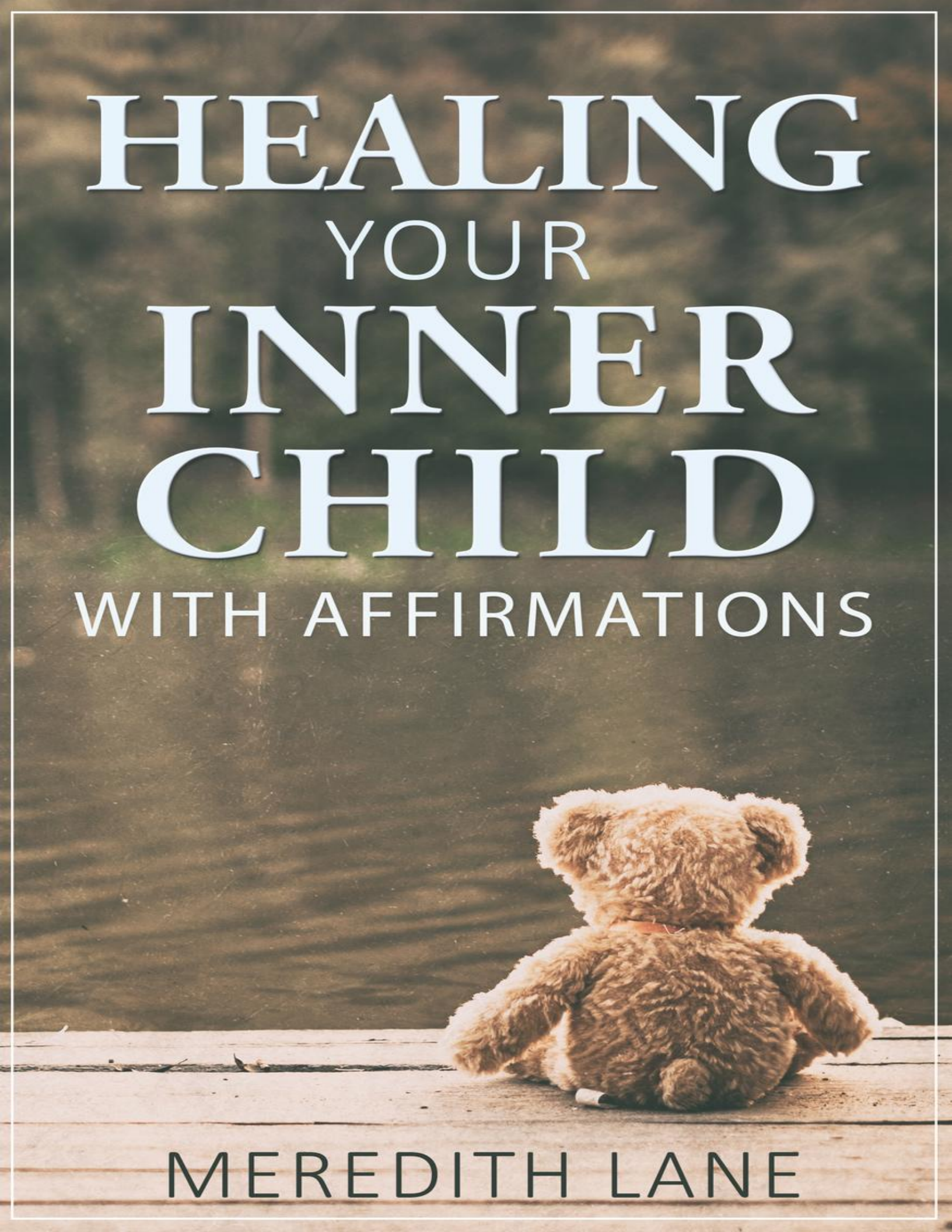
HEALING YOUR INNER CHILD

WITH AFFIRMATIONS



MEREDITH LANE

Healing Your Inner Child with Affirmations

Meredith Lane

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Introduction

Many psychologists believe that every adult has a child hidden inside him or her, an “inner child,” if you will, that lingers long after we grow up. Of course, we, as adults, look like adults, think like adults, and behave like adults. We may not be aware of the child inside us, or we may try to ignore it or repress it. But if we experienced a difficult childhood—perhaps we were physically or emotionally abused or neglected or subjected to harsh criticism or expectations we couldn’t meet, or perhaps we were forced to grow up too fast—our inner child may never have healed those hurts properly, even though our outward adult shows no visible signs of trauma. We may carry debilitating and false beliefs with us from childhood—that there’s something wrong with us, that we aren’t good enough, that we’re doing everything all wrong. These subconscious beliefs cause us to feel unfulfilled, to self-sabotage, to shy away from commitment and intimacy, to be overly critical of ourselves and others.

Of course, we can choose to ignore our inner child. That would be easier. But not best. Or we could (and do) scold our inner child, telling it to grow up, to behave itself, to do things right for once, to be better. If we listen, we will hear this type of scolding going on constantly in our psyche, but in a way that is totally counter-productive. An inner child that is hurt or that still needs a good deal of attention usually manifests itself in adult behavior patterns that are unhealthy or even destructive to ourselves and our relationships. Maybe we experience anxiety, or fear of commitment, or take out our frustrations on our loved ones. Maybe we have difficulty enjoying life, laughing, playing. Maybe we reject ourselves, because we learned a long time ago that we were not good enough.

This is wrong. It’s no way to live. You *are* good enough. Your pain does not arise from any inadequacy that is fundamental to who you are as a person. Instead, it arises from the failure of your parents, caregivers, teachers, or even peers (intended or not, remember that these people are human beings too, certainly with their own unhealed pain and struggles) to properly nurture you when you were a child.

Working with an experienced counselor or therapist is an important way to finally make ourselves whole and begin to heal the pain still suffered by our inner child, but another critical step we can take is to practice affirmations. An affirmation is an *affirmative* statement that is carefully structured to address a negative pattern or thought and inject it was positivity. Affirmations have the ability to program our minds into believing the stated positive concept, in much the same way that we, as children, eventually accepted and believed the oft-repeated negative statements we received during childhood. These statements, good or bad, have a way of working their way into our subconscious mind and coloring every part of our psyche, and affirmations are a way of replacing the bad, hurtful, destructive statements with good, nurturing, and healing statements.

Affirmations are simply a way for you to affirm what *is*. There aren't really any strict rules as to the method of performing affirmations. One can practice affirmations silently in the form of thoughts or meditation, verbally in the mirror, in writing, or even through audio or video recording, poetry, or artwork.

My favorite way to practice affirmations is to look into the mirror at my reflection, directly into my own eyes, and repeat the affirmations several times a day, using my own name in the first, second, and third person. For example: "I love you, Meredith." "Meredith is so loved." "You are so loved, Meredith." Say it with as much conviction and joy as you can muster. *Breathe* into the affirmation as you repeat it. Feel it fill your whole body, from the top of your head down to the tips of your toes.

You can dedicate as much or as little time as you wish to practicing your affirmations, but remember that repetition is the key to getting the most benefit. Of course, different people will use the affirmations provided in this book differently. Some will choose a different affirmation every day. Some will practice several different affirmations a day. Some will find three or four affirmations that are particularly effective for that person and focus on those affirmations exclusively. Some will repeat four different affirmations fifty times per day. Some will repeat one affirmation three times per day. Some will write down the affirmations on index card or sticky notes and place them around the house. Do what works for you. Your goal is not to speed through these affirmations as if you're in a race to the

finish. Rather, your goal is to heal and nurture your inner child so that you can finally achieve real peace and happiness.

Affirmations 1 - 30

1. Today is the best of my life and every day is a new today.
2. There is an infinite spiritual power within me, which protects me from illness, trauma, and danger.
3. I am worthy and always enough.
4. It is OK to accept compliments from others.
5. I am so loved.
6. I radiate peace and love out to others, helping them to be in peace and in love as well.
7. Now all my needs are met
8. I am capable and strong.
9. I have released my sad past. I live in the happy present and an even happier future awaits me.
10. I have the right and the responsibility to express my inner strength and beauty creatively.
11. I am totally, blissfully free of the influence of past trauma.
12. Others do not alter my perceptions.
13. It is OK to let others serve me.
14. All my relationships are loving and harmonious.
15. I open myself up to the healing powers of loving relationships.
16. I am so proud of myself, no matter what I do.
17. Life is full of joy.
18. The child in me and I are one. We love each other, care for each other, appreciate each other and will always belong to each other.
19. I am perfect, whole, and complete, just as I am.
20. I appreciate and accept myself.
21. My parents were once children who were programmed by their own parents, and I forgive them.
22. I am worth caring for.
23. It is OK to share with others about my personal accomplishments.
24. I open my heart to receiving love fully today.
25. I affirm that I AM whole.
26. The child in me is very much alive. It is a happy, joyous and fun loving child.
27. There is a Divine Power, which guides me from within.

28. I have the same worth, wisdom, strength, and rights as the two eternal souls who played the role of my parents.
29. I create my own reality which is now free of all persecution and abuse.
30. I am truly talented.

Affirmations 31 - 60

1. I accept and love myself just the way I am.
2. Every day, I am getting stronger and stronger.
3. All is well. The present is great and the future is bright.
4. I feel affection and tenderness for myself.
5. I deserve love and respect from everyone.
6. I am now supported.
7. My precious inner child is unafraid.
8. I release negatives from my life.
9. It is OK to make mistakes, laugh at myself and move on.
10. The more honest I am with those around me, the more love is returned to me.
11. I take responsibility for my life, for my happiness and for my soul.
12. My wounds are now healed. I look forward to a rich and fulfilling life.
13. I am proud of myself and all that I am.
14. [Insert your name], you are free to make your own choices. Live your own life and be happy.
15. My body is healthy and strong and resistant to illness.
16. Everything is divine, including myself.
17. I now choose to fulfill my own destiny and not my family's.
18. I explore and overcome my fears.
19. It is OK to be honest about my feelings.
20. I express anger in appropriate ways so that peace and harmony are balanced at all times.
21. I am loveable, adorable and whole within my inner adult and inner child.
22. I am the center of my universe. Everybody loves and appreciates me and I reciprocate.
23. I live in a wise divine plan which brings to me only what is useful for my development.
24. I now release the pain in my past.
25. It is OK to be "selfish" and do things that I really want to do.
26. From now on, I will allow my inner child to have lots of fun.
27. I am connected.

28. I selected my parents and the events of my childhood and thus I created the perfect conditions for my development.
29. I am now able to express my feeling of sadness and grief.
30. [Insert your name], you are beautiful and attractive. Everybody loves you.

Affirmations 61 to 90

1. There is within me an all-wise voice that leads me correctly in my life.
2. Whatever others have done to harm me was out of ignorance or fear.
3. My inner child has the freedom and safety to play
4. No one else can create or have the responsibility for my happiness, health or success.
5. I am an eternal, divine consciousness in the process of developing the ability to express the beauty that exists within me.
6. I allow my inner child to receive constructive criticism.
7. I can help others but cannot create or assume responsibility for their happiness, health or success.
8. I celebrate my inner child. It is safe for my inner child to emerge.
9. The child I once was is alive within me, right now.
10. I was born with the ability to love.
11. I give myself the gift of self-love, self-worth and self-forgiveness.
12. My inner child is totally innocent.
13. I am worth caring for.
14. Others do not alter my perceptions.
15. I release the need to limit myself in any way.
16. All I need is right now in this moment.
17. As an adult, it is my job to protect and care for the child within me.
18. With love, I totally release the past. I am free.
19. I am willing to forgive.
20. I love the innocent, open, loving child that I am inside.
21. I see myself and all others as an incarnation of God.
22. At the heart of the person I want to be is a happy, well-loved child.
23. I choose to accept what I can’t change.
24. I forgive myself for the pain I have caused others.
25. I have the power to create the life I want.
26. I am not alone but am surrounded by love all the time.
27. Anger and fear cannot hold me down because I am free.
28. I will never be perfect, but I will always be loved anyway.
29. I will let myself cry when I need to.
30. I will accept and cherish the abundance in my life.

Conclusion

Now is the time to make yourself whole. Accept *every part* of who you are, your entire precious self. Communicate with your inner child and let that little boy or little girl know that you accept him or her, all the mistakes, all the antics, all the trouble, all the imperfections. Tell your inner child that you *love* him or her, unconditionally.

There is no greater healing power than love. It reaches to the deepest parts of our souls and soothes the harshest hurts and most painful memories, and yet, we withhold it from ourselves. Using the affirmations in this book, give yourself and your inner child the love and forgiveness to which you are entitled. Don’t stop once you make it all the way through the affirmations provided. Keep going. Every day, for the next several months or years or decades, use these affirmations to practice *affirmatively* loving and accepting yourself and giving your inner child all the warmth and affection it has craved.

Best wishes on your journey.

ABOUT THE AUTHOR

Meredith Lane is a twenty-something attorney and writer who lives in Ohio with her husband and three dogs. She has worked as a radio DJ, an associate producer at MTV, and a news director at a top Midwestern radio station and now throws herself into her law practice and her writing. She loves to play tennis, eat cupcakes, and watch trashy reality television. She began journaling in seventh grade, and the joy and healing she experienced from her journaling practice inspired this book.

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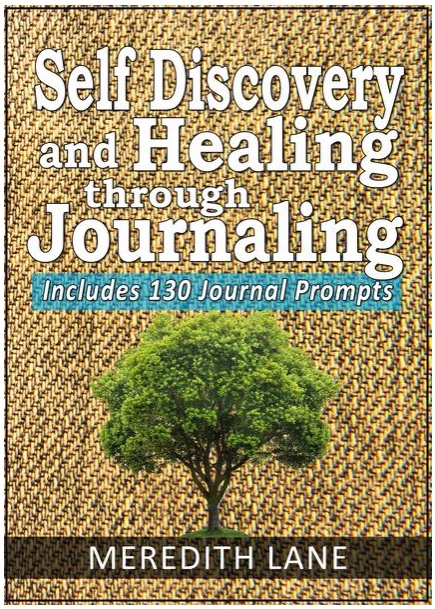

Do you ever feel like life is passing you by? Do you feel like your head and heart are jumbled and chaotic? Do you wish you could find a way to catch your breath, organize your thoughts, and heal yourself?

Journal writing is an amazing tool for self-discovery and healing. Indeed, studies show that journaling is so powerful a practice, it can actually help heal traumatic physical injuries faster.

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